



WEB ADDRESSES

Air Force Personnel CTR

www.AFPC.randolph.af.mil

TRICARE

TRICARE.mil

Express Scripts

Express-Scripts.com

Dept. of Veterans Affairs

VA.gov

Defense Finance Svc.

DFAS.mil

Medicare

Medicare.gov

Social Security Administration

ssa.gov

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The Hurlburt Field Retiree Activities Office Annual Newsletter



Co-chairs meet with CSAF about issues affecting retired military entitlements, concerns

RANDOLPH AIR FORCE BASE, Texas (AFRNS) --

Retired Lt. Gen. Steven Polk and the 15th Chief Master Sgt. of the Air Force Rod McKinley, Air Force Retiree Council co-chairmen, met with Chief of Staff Gen. Norton A. Schwartz and other members of his staff at the Pentagon recently to discuss issues affecting retired military entitlements.

Topping the list of retiree concerns is health care. The Air Force Retiree Council and the co-chairmen strongly support: ensuring any TRICARE fee increases be reasonable and not exceed percentage of cost-of-living increases, full funding of the Defense Health Plan, and enacting legislation to provide adequate reimbursement for TRICARE and Medicare providers. These topics were discussed with Schwartz, as well as Lt. Gen. (Dr.) Charles

B. Green, the Air Force's surgeon general during the co-chairmen's visit.

"We received very positive feedback from General Schwartz and General Green," said Polk. "They are aware of the concerns our retirees and survivors have about future health-care cost increases and changes in benefits. Chief McKinley and I thank General Schwartz and all the other senior leaders who took the time to meet with us, and for their willingness to listen to what our retiree family has to say about the various issues."

The co-chairmen lead the Air Force Retiree Council that consists of 15 area representatives who represent more than 691,000 retirees and 102,000 survivors. Along with retiree council members, the co-chairmen appeal to all retirees, spouses and surviving spouses to consider

volunteering at one of 102 retiree activities offices worldwide.

Retiree Activities Offices provide assistance and resources in many areas common to their fellow retirees and families. People interested in volunteering should visit the Air Force Retiree Services website at www.retirees.af.mil for contact information at their local RAO.

"We rely solely on our retiree community volunteers to staff our RAOs," said McKinley. "Our retiree volunteers are the epitome of the 'still serving' motto, and we can always use more. I urge anyone who can spare some time to consider volunteering at their local RAO, or even as a council representative."

Contact the Hurlburt Field Retiree Activities Office at 884-5443.



DEPARTMENT OF THE AIR FORCE
1ST SPECIAL OPERATIONS WING (AFSOC)
HURLBURT FIELD FLORIDA

JUL 18 2012

MEMORANDUM FOR HURLBURT FIELD AREA RETIREES

FROM: 1 SOW/CC

212 Lukasik Avenue Suite 315
Hurlburt Field FL 32544-5409

SUBJECT: Retiree Appreciation Invitation, 14 – 16 September 2012

1. As retirees, you have served our nation with pride and distinction. You are an important part of Hurlburt Field and our Air Force family. In recognition of your contribution and dedication, the 1st Special Operations Wing, Commissary, Base Exchange (BX), Clinic, and Force Support Squadron are hosting retiree appreciation days on Hurlburt Field. The Retiree Affairs Office (RAO) has arranged various specials for you during this time. You are cordially invited and I sincerely hope you can take advantage of these specials.
2. The agenda is as follows:
 - a. Commissary 14 September 2012 from 0900-1800 and 15 September 2012 from 0800-1800: "Sidewalk sale."
 - b. Health and Wellness Center 14 September 2012 from 0900-1400: Flu shots and blood pressure checks at the Hurlburt BX Mall. In addition, a dietician will offer tips on achieving a healthier lifestyle. A TRICARE and Delta Dental representative will be available to answer any questions about these benefits.
 - c. Base Exchange 14-16 September 2012: "Sidewalk sale"
 - d. Golf Course specials 15-16 September 2012: After 1000 hours, \$24.00 includes green fees and golf cart (saves \$10.00)
 - e. Hurlburt Lanes specials 14 September 2012: 0900-2300 FREE bowling and shoe rental
3. The Hurlburt Field RAO is located in Bldg 90210 (Customer Service – ID Cards). Hours of operation are Monday – Friday, 0900-1200, and can be reached at (850) 884-5443. The RAO has various checklists of interest for retirees and their families.
4. As we celebrate the 65th Anniversary of our Air Force on 18 September 2012, I hope you will take the advantage of these extra special days devoted specifically to you and your family in sincere appreciation of your contributions to our great nation.


JAMES C. SLIFE, Colonel, USAF
Commander

Any Time...Any Place



**A Salute to Your Service
Retiree Appreciation Weekend**

The Army and Air Force Exchange Service values its heroes. Each year we mark a special event for military retirees during our "Retiree Appreciation Weekend". The Hurlburt Field Exchange is hosting this event September 14-16, 2012.

Please see the special in-store flyer for details and additional local Manager's Specials. Great deals, vendor displays, promotions, drawings, as well as community services will be on hand throughout that weekend to give back to our Military Retiree population for all that they have given for us!

Make sure to join the Buddy List and Mailing list and check in regularly with your Hurlburt Field Base Exchange as more exciting details come about for this once a year event!

**FY 11 dividends totaled
\$261.1 million with
\$90.6 million
distributed to the Air
Force.
With worldwide AAFES
purchases, \$2.4 million
has gone to Morale,
Welfare and Recreation
programs in the last 10
years.**

**RETIREE APPRECIATION WEEKEND EVENTS
September 14 - 16, 2012**

AAFES Main Exchange

Sidewalk Sale
Sept. 14 - 16

Hurlburt Commissary

Sidewalk Sale
Sept. 14, 9 am - 6 pm
Sept. 15, 8 am - 6 pm

Hurlburt Lanes

Free bowling & shoe rental
Sept. 14, 9 am - 11 pm

Health & Wellness Center

Sept. 14, 9 am - 2 pm
Flu shots & blood pressure
checks

Dietician on tips
for a healthy lifestyle
TRICARE and Delta Dental Reps

Gator Lakes Golf Course

Sept. 15 - 16
Fee Special: \$24 green fee
and cart rental after 10 am



**Commissary Plans
"Reset" to Enhance
Shopping Experience**

The Hurlburt Field commissary will undergo a "reset" September 30 through October 2, 2012 as part of the Defense Commissary Agency's ongoing effort to enhance the shopping experience. The reset is part of an agency-wide program that systematically changes how products are displayed on shelving throughout a commissary in order to better serve customer shopping patterns. The goal is to give commissaries worldwide a more customer-friendly product flow and a layout that is as consistent as possible from location to location, according to Steve Arland, chief of DeCA's store reset and planogram team.

"We try not to inconvenience the customers while resetting stores," said Arland, "but we often have to close the store for a day, sometimes two, in order to tear down the shelving and move it and restock. Our customers usually like the new layout once they get used to it. Sales increases always follow a store reset and that's an indication that the user-friendly product flow is a good change."

To make changes easier for customers to follow, stores have aisle layout maps available as well as generic item locators on their Web pages. Store Web pages are under the locations link at <http://www.commissaries.com> along with store hours, contact information, store news and special customer service features.

The Hurlburt Commissary offers "Early Bird" shopping 30 minutes prior to opening for customers with special needs.

Gift Cards are now available for purchase by anyone, however, only authorized shoppers may redeem the cards. Cards are available in \$25 and \$50 denominations.

Legal Services for Retirees

The Hurlburt Field Legal Office (JA) offers attorney consultation services free of charge for DoD- ID card holders concerning any civil matter. Presenting a retired military ID card is required prior to receiving services at the Legal Office. The following are legal services and walk-in hours:

Legal Assistance:

Mondays, 10 am-12 pm

Wednesdays, 2- 4 pm

Thursdays, 11 am-1 pm

Power-of-Attorney and Notary Services:

Monday - Friday, 8 am - 4 pm

Living Wills and Agent For Health Care:

Mondays, 3 - 4 pm

Wills: Available by appointment or walk-in on Fridays, 10-11 am

NOTE: Active-duty military have priority for walk-in will appoint-

ments. Prior to any will executions, customers must complete the will worksheet:

<https://aflegalassistance.law.af.mil>

At the Legal Assistance webpage, select "Legal Worksheets." The program prompts for information. Once the form is completed, the website provides a ticket number. Bring the number to your appointment. After the will is accomplished, you will have to make another appointment to get it signed and notarized. We do that on Tuesday mornings (9 & 9:30 am) and Thursday afternoons (3 & 3:30 pm).

JA is located on the second floor of building 90210, 212 Lukasik Ave, Suite 255. To schedule a will appointment, please call: **850-884-7821**

HOT*HOT*HOT

Notify Defense Finance and Accounting Service (DFAS) when your mailing address changes; the Retiree Services Branch at Air Force Personnel Center uses the addresses on record with DFAS. It is not necessary to notify both agencies. This will insure you continue receiving the Afterburner.

DFAS phone number:

1-800-321-1080

Health Care Choices After Retirement

From the 1st Special Operations Medical Group

When you retire from active duty, some options are no longer available to you. However, other options that were only available to your family members, are now also available to you. After you retire, where you live and your post-military employment are factors in determining which TRICARE health care option is best for you and your family.

TRICARE Prime

- Re-enrollment required
- Begin paying annual enrollment fees

TRICARE Standard and Extra

- Get care from any TRICARE-authorized provider, network or non-network.
- Annual deductibles and cost shares will apply.
- If your family was using these options before you retired, their cost shares will

increase by five percent.

US Family Health Plan

- TRICARE-Prime like option offered in six different geographical areas across the country. (Not available in the Florida Panhandle area)
- Enrollment is required, and you must pay enrollment fees.
- If you decide to enroll in the US Family Health Plan, you may not use other TRICARE program options, including prescriptions or dental.

TRICARE For Life

- TRICARE's Medicare-wraparound coverage, when you become entitled to Medicare Part A and have Medicare Part B coverage.
- You MUST purchase Part B to remain TRICARE eligible.

TRICARE Standard Overseas

- Your only overseas option.
- Get care from any overseas provider.

Dental Care Options

While on active duty, you received all dental care at military dental treatment facilities, and your family was eligible to purchase the TRICARE Dental Program. When you retire, you will no longer have priority in military dental treatment facilities. Now, you and your family are eligible to purchase the TRICARE Retiree Dental Program (www.trdp.org).

Prescriptions

Your prescription drug coverage will not change when you retire.

Each of these programs and your options are fully explained on the TRICARE website, www.tricare.mil or you may contact Humana Military at 1-800-444-5445. Hurlburt Health Benefits Advisors are also available to assist you at (850) 881-5177 or 881-3912.

Hurlburt Field Quick Reference Phone List

| | |
|--|--|
| Airman & Family Readiness Center...884-5441 | Legal Office...884-7821 |
| Arts & Crafts Center...884-6942 | Library...884-6266 |
| Auto Hobby Shop...884-6674 | Lodging (Commando Inn)...884-7115 |
| Back Gate...881-2259 | Main Gate...884-7803 |
| Bank (First National)...581-2222 | Marketing...884-6357/2954 |
| Barber Shop (Commando Cuts)...581-0115 | Mental Health...881-4237 |
| Base Exchange (AAFES BX)...581-0030 | Military Personnel Customer Service...884-5252 |
| Bowling Center (Hurlburt Lanes)...884-6941 | Multi-Crafts Center...884-6942 |
| Burger King...581-9111 | Outdoor Recreation...884-6939 |
| Casualty Assistance...884-5280 | Paintball...884-3501/6939 |
| Chapel Center...884-7795 | Pass & Registration...884-5233 |
| Child Development Center...884-6664 | Pharmacy...881-2133 |
| Civilian Personnel...884-5212/5224 | Pool (Aquatic Center)...884-6866 |
| Clinic...884-7882 | Post Office...884-7699 |
| Commissary (DECA)...881-2138/2150 | Public Affairs...884-7464 |
| Community Center...884-5080 | Recreation Center, Beachside...884-6939 |
| Credit Union (Eglin Federal)...862-0111 | Recycling Center...884-7577 |
| DEERS...800-538-9552 | Red Cross...884-6107 |
| Defense Finance Accounting Service..800-321-1080 | Restaurant, (Oasis Café)...881-5731 |
| Dental Clinic...884-7881 | Restaurant (Spare Time Grill)...884-6470 |
| Disaster Preparedness...884-7670/4304 | Restaurant (Rickenbacker's)...884-7507 |
| Dive Shop...881-1576 | Restaurant (The Soundside)...884-7507 |
| Education Center...884-6724 | Restaurant (Velocity Subs)...884-7365 |
| Emergency Room (Eglin)...883-8228 | Retiree Activities Office...884-5443 |
| Family Advocacy...881-5061 | Rifle & Pistol Club..... 884-6939 |
| Fitness Center, Aderholt...884-6884 | Safety Office...884-5243 |
| Fitness Center, Commando...884-4412 | School Liaison Officer...884-5441 |
| Fitness Center, Riptide...881-5121 | Security Forces...884-6423/6185 |
| Food Court (Mini Mall)...581-6656 | Sexual Assault Prevention/Response...499-7425 |
| Frame Hobby Shop...884-5868 | Shoppette...581-0488 |
| Golf Course (Gator Lakes)...881-2251 | Skeet Range...884-6939 |
| Health and Wellness Center...881-5177 | Space "A" Travel...884-7806 |
| Honor Guard...884-5330/7583 | Teen Center...884-6355 |
| Housing...885-7505 | Thrift Shop...884-3098 |
| Human Resources...884-5233 | TRICARE...881-5177/3912 |
| Information, Tickets & Travel...884-6795 | Veterans Affairs...800-827-1000 |
| Inspector General...884-6322 | Youth Center...884-6355 |

Hurlburt Field Volunteer Resource Program (VRP)

Since a big part of military culture is the spirit of giving back, the VRP brings volunteers on Hurlburt Field and in the surrounding communities together with agencies and organizations in need of volunteers. Ultimately, the VRP is a clearinghouse to coordinate the volunteer efforts at Hurlburt Field by acting as an information source or a placement service, and as part of a referral network.

The VRP networks with on-base and off-base agencies and organizations in order to provide a wide range of options to our volunteers. Any spouse, active duty member, reservist, retiree or civilian who desires a meaningful volunteer experience may participate.

View upcoming volunteer opportunities at www.myhurlburt.com or contact the Volunteer Coordinator, Marisa Ortiz-Olin at 884-5441.

If you see something you're interested in, please fill out a volunteer registration form to be officially enrolled in the Hurlburt VRP.

Overview

Once your registration form has been received,

- 1) You will be officially registered in the VRP
- 2) You will be added to the email distribution list and begin to receive the Weekly Community Commandos Volunteer Newsletter

There are two ways to use the VRP:

- 1) Use the volunteer newsletter to select a volunteer opportunity, contact the agency or volunteer event POC directly, and then begin to volunteer
- 2) Be placed with an agency by the Hurlburt VRP coordinator
(Email request to marisa.ortiz.ctr@hurlburt.af.mil)

Note - If you plan to attend any of the volunteer opportunities in the newsletter, please contact the agency or event POC beforehand so they can get a tentative head count.

Did You Know?



The Air Force Enlisted Village (AFEV) is a nonprofit retirement community that provides a home for enlisted surviving spouses of former Air Force heroes and to mothers of current active duty and retired military members. Retired military couples and widows of all military branches are eligible to reside at AFEV on a space available basis. Residents enjoy worry-free living, camaraderie, on-site health services, activities and other conveniences.

Comprised of two active, independent living communities—Bob Hope Village in Shalimar, FL and Teresa Village in Fort Walton Beach, FL, and an assisted living/memory care community, Hawthorn House, located on the Bob Hope Village campus, AFEV is in close proximity to Hurlburt Field and Eglin AFB.

For more information about AFEV, please call 850-651-3766, email info@afev.us or visit www.afev.us.

Keeping Up With Your Prescription Care

From the 1st Special Operations Medical Group

How do I get my medication refilled early or replaced if I am affected by a Natural Disaster?

Natural disasters such as hurricanes, wildfires, floods, and tornadoes can result in affected members to be temporarily relocated, damaged or lost medication, or interruption to medication availability. In those areas affected, a military or civilian pharmacy can help fill or replace your medicine. It is important to have a list of all the medications you take since sometimes medical records are not immediately available. It is also a good idea to have an extra 7 to 10 day supply of medication if you live or visit those areas that might be affected.

I travel often and for long periods of time. Can I pick up my medication at another pharmacy?

Yes. Hurlburt pharmacy can transfer your prescription with refills to any military or civilian pharmacy. Hurlburt pharmacy can also transfer prescriptions from any military pharmacy.

Once I call in my refill, when will it be ready?

Refills called in by 12:00 noon are ready for pickup by the next duty day. Refills called after 12:00 noon are ready the second duty day. Don't forget to plan for Federal holidays since the



Below: Your Hurlburt Field Pharmacy Team



pharmacy is closed on those days. The pharmacy is also closed on the first Monday of each month for training.

I heard that I can have my medications sent through the mail, is that true?

Yes, many beneficiaries are unaware that TRICARE has a mail order pharmacy program. The mail order pharmacy will mail your medication directly to your house. You can order your refills by telephone, through the internet, and even sign up for automatic refills.

Prescriptions from your doctor can be mailed to the mail order pharmacy or your doctor can fax a prescription directly to the pharmacy. Information is available at the Hurlburt pharmacy or online at <http://www.tricare.mil/mybenefit/home/Prescriptions/FillingPrescriptions/TMOP>

Where can I find a list of the medications you carry?

You can ask for a list of the medications stocked at the pharmacy window or you can find it in our online formulary at: www2.hurlburt.af.mil/units/1stspecialoperationsmedicalgroup.asp

If you have any questions not answered here or have any questions about your medications, please call us at

850-881-2133

Medications now available at Hurlburt pharmacy include:

| <u>Generic Name</u> | <u>Brand Name</u> |
|----------------------------|-------------------|
| Terbinafine | Lamisil® |
| Diclofenac gel | Voltaren Gel® |
| Rosuvastatin | Crestor® |
| Diphenoxylate/ Atropine | Lomotil® |
| Sitagliptin/Simvastatin | Juvisync® |
| Fluoride Toothpaste | ClinPro 5000® |



Above: Hurlburt volunteer, Ms. Judith Day. Volunteers are a vital part of the daily operations at the pharmacy.

FOCUS Program Offers Discounts & Prizes

Hurlburt's Force Support Squadron is proud to continue our 2012 customer service program: FOCUS ON U! We developed this program as an effort to promote constant improvement, encourage customer feedback and enhance the customer's experience with our organization. As an important part of the Air Force community, we want to hear from you.

What is the FOCUS ON U Program?

Designed with customer satisfaction in mind, FOCUS ON U closely resembles a frequent shopper program, where members receive benefits for registering to receive deals through 1 SOFSS activities. Each month, benefits will be announced exclusively for FOCUS

cardholders and may include discounts, freebies and special events with 1 SOFSS. Further benefits include the ability to participate in "Customer Suggestion Competitions" and periodic prize drawings.

How do I sign up?

Sign up online at myhurlburt.com. If you do not have computer access, contact us at 884-6357 or 884-2954, and we will be happy to help you register.

How do I receive my card?

You may visit our Marketing office in the Force Support building to pick up your FOCUS card, have it emailed to your account or we can mail your card directly to you.

You can begin receiving your discounts right away. We will notify you on a monthly basis which discounts are being offered.

www.myhurlburt.com



United States Air Force
OFFICIAL BUSINESS

Retiree Activities Office
1SOMSG/CVR
212 Lukasik Street, Suite 143
Hurlburt Field, FL 32544-5269

Phone: 850-884-5443

E-mail: rao@hurlburt.af.mil

Web: www.retirees.af.mil

Proudly serving those who served.

